> every American Asylum physician will corroborate the statement, as to the sad concomitancy between our system of youthful training, and the constantly augmenting population of our insane institutions. (1859, 7)

In the report for 1863, while arguing that the figures show that `insanity and crime are, so far as the vice of intemperance is concerned, diametrically opposed' (29), he asserts that there is `another vice leading to insanity, or, at least, complicating it, quite as obstinate as intemperance' (29). The Toronto Asylum, like others in the United States, contains a `multitude' of those whose madness has been caused or complicated by masturbation, few of whom will ever leave.

Workman is convinced, or at least wishes to convince us, that masturbation, `this vice', is on the increase. While the perception of an epidemic of lunatic masturbators might have been especially annoying to Workman, because it meant filling his Asylum with people he could not cure, the perception that the disease did not exclude well-educated people, would have caught the attention of the rich and powerful. So long as religion, education, and temperance are `present and rational', they are `the best protectives' against insanity. But while a poor or `trumpery' education `chokes' the mental powers, a `superior' education `ruins' the physical. Education appears to be a regulatory force between mind and body, itself in need of constant regulation. Instead, according to Workman, it undergoes the constant tampering of `hot-bed experiment' that will only cease when the educators themselves `understand what education means' (30). The connection between `reading and writing' and moral pestilence may not be `necessary', but it seems to exist. The contents of Workman's reports are broadcast in provincial journals, thereby helping to create a sense of national health crisis.[xiv] He is attacked by a country newspaper editor for being `in error'. Now he only wishes that he had been. He presents himself as suffering from an `enfeebled' physical condition, making his efforts on behalf of those afflicted with this epidemic `habit' all the more heroic, and all the more in need of assistance.

In the report for 1866, Workman dramatically introduces the topic with a prefatory section of statistics indicating a much smaller percentage of discharges to admissions for men than for women. This alleged `disproportion' is